

DINNERLY



Fan Fave: Harissa Lamb Pita Pockets with Tomato and Parsley Salsa



25 minutes



2 Servings

Hold off on that late-night kebab run; stay at home and make these instead! Our super-easy version is filled with spicy lamb mince and a tomato salsa. Better still, the pita pockets catch all the delicious juices.

WHAT WE SEND

- 1 tomato
- 1 red onion
- parsley
- 2 pita pockets¹
- lamb mince
- 5g harissa seasoning¹⁷

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 3 tsp olive oil
- 2 tsp red wine vinegar¹⁷
- 2 tbs mayonnaise³

TOOLS

- oven tray
- foil
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 710kcal, Fat 36.9g, Carbs 55.9g, Proteins 36.3g



1. Prep ingredients

Preheat the oven to 200C. Finely chop the **tomato** and **half the onion***. Pick the **parsley** leaves, then finely chop the stems. Crush or finely chop **2 garlic cloves**.



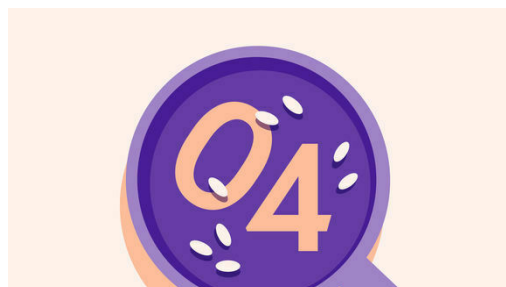
2. Make salsa

Put the **tomato, onion, parsley leaves and stems, 2 tsp olive oil** and **2 tsp red wine vinegar** in a bowl, season with **salt and pepper** and toss to combine.



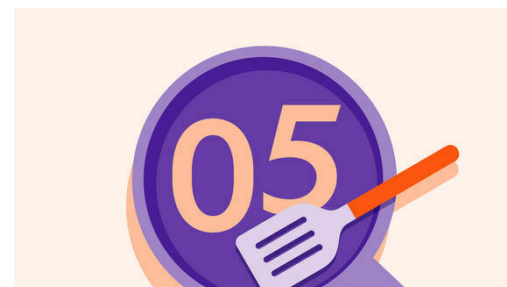
3. Warm pitas

Halve the **pitas** to form 4 pockets, put in a single layer on an oven tray and cover with foil. Heat in the oven for 10 mins or until softened and warmed through.



4. Cook lamb mince

Meanwhile, heat **1 tsp olive oil** in a medium frypan over high heat. Cook the **lamb mince**, breaking up the lumps with a spoon, for 3-4 mins until browned. Add the **garlic** and **1½ tsp harissa seasoning** (see Make it yours) and cook, stirring, for 30 secs or until fragrant. Remove the pan from the heat.



5. Serve up

Put **2 tbs mayonnaise** and **½ tsp harissa seasoning** in a bowl, season with **salt and pepper** and stir to combine. Gently open the **pita pockets** and spread with the **harissa mayonnaise**. Fill with the **lamb** and **salsa** and enjoy!



6. Make it yours

We love the flavour boost harissa gives the lamb, but it does have a chilli kick. If you aren't keen on spicy food or you have little ones, adjust the amount to taste in the lamb and/or leave it out of the mayonnaise in Step 5.